

LEISURE ACTIVITIES POINT SCHEDULE

<u>Walking (ex: flat surface, street or sidewalk)</u>	<u>0.5 pt per mile</u>
<u>Hiking (ex: off road, forests or beaches)</u>	<u>1 pt per mile</u>
<u>Jogging</u>	<u>1.5 pts per mile</u>
<u>Biking</u>	<u>1.5 pts per mile</u>
<u>Charity Activities Dog-friendly 5K</u>	<u>5 pts</u>
<u>Dog-friendly fundraisers (name of charity)</u>	<u>3 pts</u>
<u>NWRRC Participation Attend Club meeting (in person or zoom)</u>	<u>1 pt</u>
<u>Volunteer at Club event</u>	<u>1 pt per hr</u>
<u>Attend Club Fun Day</u>	<u>2 pts</u>